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2020

### Spring 2020 Travel Award Winner

Lindsay Carroll

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## **Movement System–Based Treatment Approach for the Hip Joint**

Kivlan BR, Carroll LA, McGovern RB, Martin, RL

The movement system is defined by the interaction of multiple physiological systems operating collectively to move the body. Impairments of the movement system are complex and multifactorial, challenging physical therapists to develop effective treatment programs specific to the cause of the dysfunction. Functional performance tests have become an important element of the assessment of the movement system by evaluating range of motion, strength, endurance, balance, and proprioception during the execution of a specific functional movement patterns. These tests help to identify kinematic and neuromuscular deficiencies and may guide the therapist to implement specific treatment interventions to correct movement system dysfunction. The hip serves as the link between the trunk and lower extremity and therefore is a critical component of a movement system–based evaluation and treatment approach. The speakers will demonstrate how functional performance tests may be used as the focal point of the evaluation of the movement system in patients presenting with hip joint dysfunction. Based on the results of functional performance tests, a treatment approach will be introduced that will guide evidence-based treatment interventions to address impairments of the movement system that are contributing to hip joint dysfunction.

## **Ankle Stability and Movement Coordination Impairments—Ligament Sprains: Orthopaedic Section Sponsored Clinical Practice Guideline Update 2020**

Martin RL, Davenport TE, Kivlan BR, Carroll LA, Sawdon-Bea J, Fraser JJ

This session will present information from the revised Ankle Stability and Movement Coordination Impairments: Ankle Ligament Sprains Clinical Practice Guideline. Attendees will learn how the new evidence has evolved since the last clinical practice guideline's publication in 2013. The speakers will discuss updated recommendations for latest evidence–based practice relating to identifying risk factors, diagnosing and classifying injury, differential diagnosis process, examination procedures, and selecting interventions for those with ankle stability and movement coordination impairments.